

LES MILLS VIRTUAL SCHEDULE @ MCGAW YMCA CYCLE STUDIO

Free with McGaw Y membership!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:45-8:15 LES MILLS sprint	6:45-7:35 LES MILLS RPM 50	7:45-8:15 LES MILLS sprint	6:45-7:35 LES MILLS RPM 50	6:45-7:15 LES MILLS sprint	8:45-9:35 LES MILLS RPM 50	9:45-10:15 LES MILLS sprint
8:45-9:35 LES MILLS RPM 50	7:45-8:15 LES MILLS RPM BEGINNER	8:45-9:35 LES MILLS RPM 50	7:45-8:15 LES MILLS RPM BEGINNER	7:45-8:35 LES MILLS RPM 50	9:45-10:15 LES MILLS RPM 30	10:45-11:15 LES MILLS RPM 30
9:45-10:15 LES MILLS RPM BEGINNER	9:00-9:30 LES MILLS RPM 30	9:45-10:15 LES MILLS RPM BEGINNER	9:00-9:30 LES MILLS sprint	8:45-9:15 LES MILLS RPM 30	10:45-11:15 LES MILLS sprint	11:45-12:35 LES MILLS RPM 50
11:05-11:35 LES MILLS RPM 30	10:05-10:35 LES MILLS sprint	11:05-11:35 LES MILLS sprint	9:45-10:35 LES MILLS RPM 50	10:05-10:35 LES MILLS sprint	11:45-12:15 LES MILLS RPM 30	12:45-1:15 LES MILLS RPM 30
1:45-2:35 LES MILLS RPM 50	11:45-12:15 LES MILLS RPM 30	12:20-12:50 LES MILLS RPM BEGINNER	10:45-11:15 LES MILLS RPM 30	10:45-11:15 LES MILLS RPM BEGINNER	12:45-1:15 LES MILLS RPM BEGINNER	1:45-2:35 LES MILLS RPM 50
2:45-3:15 LES MILLS sprint	12:45-1:15 LES MILLS RPM BEGINNER	1:00-1:30 LES MILLS sprint	11:45-12:15 LES MILLS sprint	11:45-12:15 LES MILLS RPM 30	1:45-2:35 LES MILLS RPM 50	2:45-3:15 LES MILLS RPM BEGINNER
3:45-4:15 LES MILLS RPM BEGINNER	1:45-2:15 LES MILLS RPM 30	1:45-2:35 LES MILLS RPM 50	12:45-1:15 LES MILLS RPM BEGINNER	1:45-2:15 LES MILLS RPM BEGINNER	2:45-3:15 LES MILLS sprint	3:45-4:15 LES MILLS sprint
5:45-6:35 LES MILLS RPM 50	2:45-3:35 LES MILLS RPM 50	2:45-3:15 LES MILLS sprint	1:45-2:15 LES MILLS RPM 30	2:45-3:15 LES MILLS sprint	3:45-4:35 LES MILLS RPM 50	
6:45-7:15 LES MILLS RPM 30	3:45-4:15 LES MILLS RPM 30	3:45-4:15 LES MILLS RPM 30	3:45-4:15 LES MILLS RPM BEGINNER	3:45-4:15 LES MILLS RPM 30	4:45-5:15 LES MILLS RPM 30	
	4:45-5:15 LES MILLS sprint	5:45-6:35 LES MILLS RPM 50	4:45-5:15 LES MILLS RPM 30	4:45-5:35 LES MILLS RPM 50		
		6:45-7:15 LES MILLS RPM 30	5:45-6:15 LES MILLS sprint	5:45-6:15 LES MILLS RPM 30		
			6:45-7:35 LES MILLS RPM 50	6:45-7:15 LES MILLS sprint		

Double up with class pairing!

Experience a full-body cardio and strength workout by enjoying these back-to-back McGaw group exercise class combinations.

Mondays: 11:05am LES MILLS RPM 30
11:45am Power Core & Stretch

Tuesdays: 9:00am LES MILLS RPM 30
9:45am BODYPUMP

10:05am LES MILLS SPRINT
10:45am LES MILLS CORE

Wednesdays: 11:05am LES MILLS SPRINT
11:45am Power Core & Stretch

Thursdays: 9:00am LES MILLS SPRINT
9:45am BODYPUMP

Fridays: 10:05am LES MILLS SPRINT
10:45am LES MILLS CORE

Please see a YMCA fitness desk staff, if you would like assistance with bike setup or technique.

- LES MILLS RPM 30** Cycle workout where you control the intensity. Dial up the challenge factor to match your fitness level.
- LES MILLS RPM 50** 30 and 50-minute formats

- LES MILLS RPM BEGINNER** Learn the basic moves and format of a LES MILLS RPM workout in this quick introduction.
- LES MILLS sprint** High-intensity interval training on a bike. It is a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.